

IN MEMORY OF
JOHN MCNEIL & SHELLEY VORCE

FLAVORS of the
HEART

MULTICULTURAL CULINARY EVENT

2ND ANNUAL HEART-HEALTHY EPICUREAN EVENT

HOSTED BY:

AMERICAN HEART ASSOCIATION & AMERICAN STROKE ASSOCIATION

**2012 LAS VEGAS CHEFS
HEALTHY RECIPE BOOK**

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WELCOME TO **FLAVORS OF THE HEART**
A CELEBRATION OF HEART HEALTH THROUGH CUISINE

FLAVORS of the
HEART
MULTICULTURAL CULINARY EVENT

IN MEMORY OF JOHN MCNEIL & SHELLY VORCE



John McNeil

John McNeil graduated from Caribou High School in 1954, and then served four years in the Air Force as a communications specialist. Following his service in the military, he worked for Western Union in Presque Isle and Waterville, Maine. In 1971, he began the career that remained his passion until his death. He was a dedicated American Heart Association/American Stroke Association employee for over 40 years.

John began his career with the American Heart Association/American Stroke Association in Maine. During his 22 year career with the Maine Affiliate, he held the positions of Office Manager, Field Representative and Fund Raising Director. He was appointed Executive Director in 1980, the position he held until 1993 when he accepted the Executive Director position of the Nevada Affiliate. After serving 29 years with the AHA, John retired. Thankfully, John returned two months later when he was asked to

take on the role of Director of Stroke Advocacy followed by the role of Community Heart and Stroke Director for Southern Nevada.

From working with Maine Cardiologists to hold the first Scientific Sessions in 1985 to organizing the first Las Vegas Mended Hearts Chapter and introducing ShareGivers – a Peer Visitor Program, the depth of John's influence on our communities and the mission of the American Heart Association/American Stroke Association has been and continues to be extraordinary. John leaves a legacy as an outstanding community leader, loving friend and ardent stroke advocate. He received awards too numerous to mention for his work with the hospitals, volunteers, stroke victims and their families. He devoted himself to improving stroke treatment and the quality of life for all stroke victors.

Shelly Vorce

Shelly Vorce was the voice of the Las Vegas Police K-9 Trials and passed away from complications from a severe stroke at 48. From Portland, Oregon, she landed in Las Vegas working as a reporter and anchor at Channel 13 News.

In 1993, Shelly joined Metro as Video Production Specialist where she went on to produce countless training tapes, PSAs, documentaries, and produced and hosted a television show known as the Briefing Room. Shelly was the voice of Metro – the department's narrator, story teller, and historian. In addition, Shelly was involved as a national player when it came to law enforcement use of video. She was a member of LEVA, the Law Enforcement and Emergency Services Association. Shelly was also involved in SWGIT (the Scientific Working Group on Imaging Technology). She was one of 50 experts in the country whose work will live on in the standards used today by law enforcement in the expected follow-up court cases.

Most of all, Shelly loved being K-9 Mom, and was the mom to Tucker, Xandor, Sadie, and Ringo. She dedicated herself to the promotion of Metro's K-9 Program and was the lead announcer for the Las Vegas Police K-9 Trials. She dedicated her life to ensure that the K-9 Trials were enjoyable and informative to all who came to watch.

Shelly also loved to travel, and the more out of the way and exotic the location was, the better. She loved photography, especially taking pictures of nature and you couldn't just look at a photo Shelly took. Each one had a great story behind it that she loved to tell. Please enjoy the selection of photos taken by Shelly – may the images speak to you as they did to her.





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CHEF QUY TRINH

Born in Hong Kong, Chef Quy Trinh arrived in California when he was four years old. As a youngster growing up in Long Beach, he would watch his mom and older brother make dinner for the family. In 2006, he graduated with a degree in Business Entrepreneurship from California State University, Fullerton and then enrolled at Le Cordon Bleu in Las Vegas. Upon completion of his studies at Le Cordon Bleu in 2007, he began working at Roy's. He started as a prep cook, working his way up to Sous Chef and then Chef Partner in less than five years. He credits working at Roy's for teaching him about running a restaurant business and loves it there, "I really appreciate all of them and I truly thank them."

Chef Quy describes his cooking style as a blending of Asian cuisines – using his Chinese background – with European techniques. He has fun creating new dishes with his staff and especially cultivating their many talents. "I believe a great chef pays attention to every detail of his or her restaurant and this is not just food or the dishes they create."

Outside of Roy's, Chef Quy enjoys golfing, listening to oldies music (like Marvin Gaye, etc. which annoys his staff), and being a handyman around the house ("I like to take things apart and put or fix them back together").



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LEMONGRASS GINGER POACHED TIGER PRAWNS

CATEGORY: APPETIZER • YIELD: 1 **RECIPE BY QUY TRINH**

INGREDIENTS:

For the Wasabi cocktail sauce:

1 tbs. wasabi
1 tbs. horseradish
1/4 cup lite soy sauce
1/2 cup sugar
2 tbs. sodium free ketchup
2 tbs. yuzu
1 tbs. minced garlic
1/2 tbs. minced ginger
1 oz minced shallots
2 oz finely chopped cilantro
1 oz finely chopped scallions
1 oz olive oil
1/8 tsp. pepper

For the poaching liquid:

3 Jumbo shrimp, 21/25 size (2 oz)
4 stalks lemongrass, smashed and chopped
6 oz chopped ginger root
2 bay leaves
5 whole black peppercorns
1 cup sake
1/2 cup sodium free mirin
1 tbs. low sodium white miso powder

For the Furitake garlic chips:

2 cloves garlic thinly sliced
Olive oil spray
Furitake (Japanese rice seasoning), to coat garlic chips
2 cups of greens for plating

INSTRUCTIONS:

For the Sauce: With the olive oil sauté the garlic, ginger, and shallots. Be careful not to brown the mix while sautéing. Set aside. Then combine the sugar and soy sauce, with a whisk dissolve the sugar. Once dissolved, add the rest of the ingredients and the sauté mixture. Adjust seasoning with pepper.

For the Poaching liquid: Combine sake and mirin in a sauce pot. Reduce ¼ of the liquid. Add the rest of the ingredients and let it simmer for 30 minutes. After 30 minutes, drop in the shrimp and poach for 2.5 minutes or until done. Have an ice bath ready and then after 2.5 minutes "shock" (drop) the shrimp in the ice bath. Set the shrimp aside and damp the excess liquid.

For the Chips: Coat the garlic chips with olive oil Spray and lay them on a half sheet tray. Sprinkle the furikake on top and bake in the oven for 10minutes at 300 degrees or until nice golden brown.

Plating: Serve 3 each shrimp (Jumbo, 21/25) to equal 2 oz. over a bed of 2 cups greens!

Nutrients per serving:

Calories 314; Total Fat 7 g; Sat Fat 1 g; Trans Fat 0 g; Carbs 31 g; Fiber 4 g; Sugar 4 g, Protein 19 g; Sodium 548 mg; Cholesterol 90 mg



Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF MAYRA TRABULSE

Chef Mayra Trabulse is chef/owner of Pura Vida Bakery & Bistro, the first restaurant in Las Vegas with a 100% animal-free Vegan kitchen. Chef Mayra is a Vegan not by profession, but by lifestyle. And, she is dedicated to bringing the flavor back into your mouth with wholesome animal-free and organic foods. For this reason, she has been called "Dr. Flavor" by many. Chef Mayra has been in the "healthy eating and cooking" industry for over 11 years and has certifications in sport nutrition, macrobiotic cooking, vegan, holistic, and Feng Shui cuisine.

Chef Mayra started her career as a cook by learning and experimenting with many recipes from various cuisines, such as French, Caribbean, Southern, Cajun, West African, and others. She is trained in the classic culinary arts and had the opportunity and the pleasure to work under two great Caribbean chefs who shared their secrets of cooking with her. She found unique flavors in each cuisine, hand-picked the best-tasting components, and created her own distinct "Taste of Heaven." Chef Mayra combines the elements from various cuisines, stressing Caribbean and Southern cuisine, her forte.

Health and sports professionals, seniors, single families, as well as individuals recovering from surgery value Chef Mayra's professional advice which has helped many improve their diet and, more importantly, their lifestyle. She conducts a variety of classes and demonstrations geared towards different categories of athletes, personal trainers, and others who want to have a healthier life. Chef Mayra and her recipes will prove to you that Vegan can seduce your palate with the most exciting, flavorful meals.



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JA'MAN JERK BURGER

CATEGORY: APPETIZER • YIELD: 8 *RECIPE BY MAYRA TRABULSE*

INGREDIENTS:

Jerk Sauce

2 Bunches (5oz.) Food Processor Scallions
¼ Cup Powder Organic & Fair Trade Allspice
¼ Cup Fresh Pineapple Juice
6 Organic Cloves – Food Processor
1 Tbsp. Ground Organic & Fair Trade Thyme
6 Scotch Bonnets Chillies – Food Processor
1 Tsp. Ground Organic & Fair Trade Cinnamon
½ Tsp. Ground Organic & Fair Trade Nutmeg
½ Tsp. Course Himalayan Sea Salt
½ Tsp. Ground Organic & Fair Trade smoked pepper
1 Drop Lime Peel essential Oil – Food Processor
1 Drop Orange Lime Peel Essential Oil – Food processor

Burgers

24 Oz. Seitan – Food Processor
1 White Onion Roughly Chopped
1 Chef Mayra Jerk Sauce (See above)
8 Pineapples Pre-cut Rings

Topping

1 large Mango, 1/2" dice (2 c)
1 Roma Tomato, 1/2" dice (1/2 c)
1 T Cilantro (finely chopped)
1 t fresh Lime Juice
Pinch of Sea Salt
1 T Green Onions, finely sliced ~ optional
finely diced chillies ~ optional



INSTRUCTIONS:

Jerk Sauce preparation: Place all the ingredients on a food processor and process until a paste is form. Transfer to a large bowl.

Jerk Burgers preparation:

Preheat the oven to 350F. Line baking sheet with parchment paper or silicon baking mat.

In food processor, combine the Seitan and onions and process until crumbly.

Add the Jerk Sauce paste and knead to combine.

Form into 8 patties and place on a prepared baking sheet. Place a pineapple ring on top of each patty before baking if desired.

Bake uncovered, for 45 minutes, until firm and browned.

Topping preparation:

Combine all ingredients together and gently mix.

Adjust individual ingredients to taste.

Store covered in fridge until ready to use. Keeps about 3-4 days.

Nutrients per serving:

Calories: 282; Total Fat 9 g; Sat Fat 2 g; Trans Fat 0 g; Carbs 36 g; Fiber 11 g; Sugars 16 g; Protein 17 g; Sodium 166 mg; Cholesterol 0 mg

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF MURRAY YOUNG

Originally from Oakland, California, Chef Murray was one of four boys born to Beth and Murray Young. While growing up, he always pitched in and cooked for his family. "With so many boys, it ensured I got fed first," he says with humor.

While in high school, Chef Murray began his culinary training by cooking part-time at Sizzler's Steak House. Upon graduation, he relocated to Las Vegas to work for Jeffrey Chadarow's China Grill Management team. He started as a line cook at Red Square and was promoted to a sous chef at Rum Jungle.

"Coming from Northern California, and growing up within the community of restaurants like Alice Waters' Chez Panisse, I've always been well-versed in healthy cooking."



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MOCK CHICKEN WRAPS

CATEGORY: APPETIZER • YIELD: 12 *RECIPE BY MURRAY YOUNG*

INGREDIENTS:

12 small to medium-size Boston or Bibb lettuce
1 cup alfalfa sprouts
2 roma tomatoes, diced

For the filling:

5 oz blanched almonds
4 ½ oz blanched cashews
2 Tbsp minced green onions
¼ cup finely chopped celery
2 Tbsp finely chopped sage
2 Tbsp finely chopped basil
1 Tbsp all-natural poultry seasoning
2 Tbsp finely chopped dill
1 large garlic clove, crushed
2 Tbsp Braggs liquid amino
2 Tbsp nutritional yeast
¼ tsp ground cayenne pepper



INSTRUCTIONS:

In a food processor, process almonds and cashews until finely ground. Transfer to a bowl.

To bowl, add remaining filling ingredients and mix well to combine.

In each lettuce leaf, place about 2 tbsp filling and top with tomatoes and alfalfa sprouts.

Chef's Tip: Kick these wraps up a notch in spiciness by upping the ground cayenne pepper to 1 tsp.

Nutrients per serving:

Calories: 145, Total Fat: 11 g, Sat. Fat: 1.5 g, Trans fats: 0 g., Carbs: 8 g, Fiber: 2.5 g, Sugars: 2 g, Protein: 6 g, Sodium: 120 mg, Cholesterol: 0 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event. The American Heart Association reviewed the recipe and did not find it in compliance with its Diet and Lifestyle Recommendations.

CHEF ROBERT SOLANO

Chef Robert Solano is an award winning chef who garnered the 2008 Top Ten Best Restaurants in Las Vegas and the 2009 Best of award for his innovative menu for the popular boutique Mexican restaurant - La Madonna Avant-Garde Cuisine by the Las Vegas Review Journal. In 2010, Mundo, A Latin Chic Restaurant, a collaborative effort between entrepreneurs George Harris, Irma Aguirre, Mingo Collaso and Executive Chef Robert Solano, opened its doors in the prestigious Las Vegas Design Center at the World Market Center Las Vegas.

That same year, Mundo, was named Best Mexican Restaurant by AOL, Open Table's Diner's Choice Award and has already won the Best Place for Power Lunch by the Las Vegas Review Journal in 2011. Chef Robert attributes his successful fusions of old world Mexico and modern flavors to his years of travels researching regional Mexican cuisine, and the American training he received working at Las Vegas' top restaurants. Mundo, A Latin Chic Restaurant is the only upscale Mexican restaurant in downtown Las Vegas.



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TROPICAL BAY SCALLOP CEVICHE

CATEGORY: APPETIZER • YIELD: 8 *RECIPE BY ROBERT SOLANO*

INGREDIENTS:

1 lb bay or sea scallops, finely diced
 1 cup finely diced cucumber
 ¼ cup thinly sliced red onion
 ½ cup finely diced strawberries
 ½ cup finely diced pineapple
 ½ cup finely diced mango
 ½ cup finely diced avocado
 1/3 cup chopped fresh cilantro
 ¼ cup chopped fresh mint plus additional for garnish
 1/3 cup fresh lime juice
 1/3 cup fresh orange juice
 1 tbsp fresh lemon juice
 ½ to 1 tbsp. ground chipotle chile pepper, optional, plus additional for garnish
 ½ tsp kosher salt



INSTRUCTIONS:

In a large nonreactive bowl (such as glass), add scallops, cucumber, onion, strawberries, pineapple, mango, avocado, cilantro and mint. In a medium nonreactive bowl, add citrus juices and chipotle (if desired), and whisk until fully incorporated. Add to large bowl, gently mix and season with additional salt, if desired. Transfer to refrigerator for 2 hours, stirring occasionally. Serve in a cold dish, sprinkle with additional chipotle and mint, if desired.

Chef's Tip: For added heat, thinly slice one or two jalapeño chili peppers into wheels and add to ceviche. And for a twist, try serving this ceviche on sliced jicama!

Nutrients per serving:

Calories: 98, Total Fat: 2 g., Sat Fat: 0 g., Trans fat: 0 g., Carbs: 10 g., Fiber: 2 g., Sugars: 5 g., Protein: 10 g., Sodium: 215 mg., Cholesterol: 19 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and the American Heart Association found it in compliance with its Diet and Lifestyle Recommendations

CHEF TOM FRAKER

From a very young age Chef Tom appreciated good food and the art of cooking. His earliest memories were of cooking with his mom when he was 5 or 6 years old. He recalls telling her, "When I grow up, I'm going to be a chef." "So naturally, I went into construction. Go figure," he says laughing.

The events of 9/11 changed his life and thinking. "I decided then and there, that very day, to go another path and follow my dream," he said. Supported by his family, he left construction and enrolled at The California School of Culinary Arts - Le Cordon Bleu. Prior to graduating, he joined Melissa's as a Corporate Chef.

Chef Tom worked his way up at Melissa's and now manages Melissa's corporate kitchen, working on R&D of new and existing products, designing and testing recipes, and writing website recipes. In addition, as a representative for Melissa's, he attends and participates in charity events throughout the year, and trade shows and special events throughout the country.

In the office, Chef Tom creates new and innovative recipes utilizing Melissa's unique fruits and vegetables. Outside of the office, Chef Tom loves cooking Italian food, is as an avid sports fan and a devoted father – splitting his time catering, playing with his kids, and attending to his family.



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ROASTED POTATOES, TURNIPS & BUTTERNUT SQUASH W/PINEAPPLE

CATEGORY: APPETIZER • YIELD: 4 *RECIPE BY TOM FRAKER*

INGREDIENTS:

1 lb. baby yellow potatoes, rinsed and sliced
(Chef Recommends: Melissa's Dutch yellow potatoes)
 1½ cups peeled and diced turnip
 1½ cups peeled, seeded and diced butternut squash
 1½ cups peeled and diced pineapple
(Chef Recommends: South-African baby pineapple)
 2 tbsp. olive oil
 ½ tsp of sea salt
 ½ to 1 tsp. fresh ground black pepper
 1 to 2 tsp. smoked paprika
 Zest 1 lime
 6 leaves basil, cut into ribbons



INSTRUCTIONS:

Preheat oven to 425°F.

In a large bowl, combine potatoes, turnip, squash, pineapple, oil, pepper and paprika.

Place the mixture in a single layer on a baking sheet and transfer to oven.

Roast for about 20 to 30 minutes until fork tender, stirring once or twice. Toss with lime zest and top with basil.

Chef's Tip: To make this dish extra-special, try serving over grilled pineapple slices.

And once you have your grill pan out, try grilling one or two Fresno or jalapeno chili peppers and mince them into the cooked veggies for extra heat!

Nutrients per serving:

Calories: 206, Total Fat: 7 g., Sat Fat: 1 g., Trans fat: 0 g., Carbs: 37 g., Fiber: 5 g., Sugars: 8 g., Protein: 3 g., Sodium: 288 mg., Cholesterol: 0 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and the American Heart Association found it in compliance with its Diet and Lifestyle Recommendations

CHEF JEAN HERTZMAN, PH.D, CCE

Chef Jean Hertzman is an assistant professor for the Food and Beverage Management Department at the William F. Harrah College of Hotel Administration at the University of Nevada, Las Vegas. She teaches Culture and Cuisine, UNLVino Management, Quantity Food Management, Foodservice Operations Fundamentals, Foodservice Sanitation, and other food and beverage elective courses. She was the 1998 Chef of the Year for the ACF Chefs Las Vegas and was inducted into the organization's Hall of Fame in 2010.

Dr. Hertzman obtained her Ph.D. in Educational Leadership from UNLV in May 2006. She also holds a Bachelor of Science degree in Hotel Administration from Cornell University and an M.B.A. from the A.B. Freeman School of Business at Tulane University, New Orleans. She has been certified as a Culinary Educator by the ACF since 1996. Previously, she was a Chef Instructor at The National Center for Hospitality Studies at Sullivan University in Louisville, KY. She has work experience in independent restaurants, hotels, and private catering services.



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SWEET POTATO QUINOA CAKE

CATEGORY: APPETIZER • YIELD: 12 *RECIPE BY JEAN HERTZMAN*

INGREDIENTS:

For Cake:

1 lb. Sweet Potato or Yams peeled and cut into 1"
½ Cup Quinoa rinsed
½ Cup Wild Rice
2 ½ Cups Low Sodium Vegetable Broth
– 1 Cup for Quinoa – 1 ½ Cup for Rice
¼ Cup Green Onions sliced
¼ Cup Dried Cranberries chopped,
soaked in hot water for 15min. and drained
1 ½ Tsp. Dried Sage
1 Tsp. Sea Salt
½ Tsp. Pepper

For Red Onion Marmalade:

1 ½ lb. Red Onions
peeled and cut into medium dice
3 Tbsp. Olive Oil
2 Tbsp. Honey or Dark Agave Syrup
1 Cup Dry Red Wine
½ Cup balsamic Vinegar
¼ Tsp. Sea Salt
½ Tsp. Black Pepper

For Garnish:

1 Cup Non-Fat Yogurt
3 Tbsp. Skim Milk
3 Ea. Green Onions
green part only, cut into thin slivers



INSTRUCTIONS:

For Cakes: Preheat oven to 350°. Boil 1 quart water. Add sweet potato or yam pieces and cook for 20-25 minutes until very soft. Drain well. Coarsely mash with potato masher or wire whip. Transfer to large bowl. Bring 1 ½ cups vegetable broth to a boil in a small sauce pan. Add wild rice. Bring to a simmer and cover. Cook 50 – 55 minutes until wild rice has opened up and is soft. All the liquid should be absorbed. Bring 1 cup vegetable broth to a boil in a small sauce pan. Add quinoa. Bring to a simmer and cover. Cook 10 – 15 minutes until quinoa is soft. All the liquid should be absorbed. Combine mashed sweet potatoes, cooked quinoa, cooked rice, green onions, cranberries, sage, salt and pepper. Form and flatten portions of the mixture into 2-ounce patties. Lay the patties onto a baking tray lined with parchment paper that has been sprayed with cooking spray (or stoneware) and bake for 15-20 minutes until they are lightly brown and crisp on the outside. Can be served hot directly from the oven or at room temperature.

For Red Onion Marmalade: Heat olive oil in large heavy skillet set over medium heat. Add onions, stir occasionally until onions are soft, and start to caramelize, 10 - 15 min. Add honey, wine, and 1/4 cup vinegar and stir until mixture almost comes to a boil. Reduce heat and simmer until liquids have evaporated, 15 to 20 minutes. Remove from heat and add salt and pepper. Transfer onions to a bowl. Deglaze pan with remaining ¼ cup vinegar. Reduce until syrupy. Reserve for garnish. The marmalade can be prepared 5 days ahead; cover and refrigerate. Reheat, stirring, to warm before using. Makes about 1 ½ cups.

For Plating: In small bowl, combine ½-cup non-fat Greek yogurt with skim milk and stir until smooth. Place 1.25 oz marmalade on bottom of each plate. Top with one cake. Place 2 tsp. remaining non-fat Greek Yogurt on top of cake. Top with slivered green onion. Drizzle balsamic reduction and yogurt/milk mixture around cake. Sprinkle with dried cranberries.

Nutrients per serving:

Calories: 155.75, Total Fat: 3.75 g., Sat Fat: 0.5 g., Trans fat: 0 g., Carbs: 26 g., Fiber: 2.7 g., Sugars: 13.7 g., Protein: 4 g., Sodium: 389 mg., Cholesterol: 0 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.



THISFISH

Thisfish is a creation of Eco Trust Canada. A non-profit organization designed to encourage and embrace traceable and sustainable fisheries originating in Canadian coastal waters; it reflects the worldwide desire to know where a product originates, how it travels through the supply chain, and ultimately where it ends up.

Most particularly, Thisfish tagged seafood products demonstrate the source and background of the harvester. Their website tells the entire story online – the date when product was landed, the fisher who landed that product, the port where it was landed, and a story about the entire experience. For those consumers who increasingly want to source back the product to original harvest, it is both wonderfully simple and simply wonderful at the same time.

In the case of live Canadian hard-shell lobster, (*homarus americanus*), the lobsters are tagged on the claw with a Thisfish code. We can then track that lobster online to ultimate destination. The harvester is able to see where his lobster ultimately lands. The consumer is able to see where his supper has originated. There is a very low cost to this model, and the fishermen embrace hard-shell quality standards before joining the program. So it puts everyone on the same team and utilizes technology to join us together. Amazing!! It is empowering for the fishermen, and revealing for the consumer. It is hugely helpful for seafood distributors like Tangier Lobster and Supreme Lobster. It really shows we care...

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ASIAN LOBSTER ROLLS

CATEGORY: APPETIZER • YIELD: 8 (HALF ROLLS) *RECIPE BY SUPREME LOBSTER*

INGREDIENTS:

Lobster meat from 2 cooked 1 ¼ lb lobster
¼ head Nappa Cabbage
2 oz soaked bean threads
One carrot
½ bunch scallions
5 Mint leaves
6 Basil leaves
4 Rice Paper

For the Asian Mayonnaise:

¾ cup Vegemise
1 Tbsp Miso Paste
1 tsp Soy sauce, low sodium
1 tsp minced ginger
½ tsp sesame oil
2 Tbsp Water
¼ cup canola oil
Red Chile oil (optional)



INSTRUCTIONS:

Slice lobster meat into medium sized medallions. Shred or chiffonade napa cabbage. Thinly slice scallions, mint and basil. Follow direction on soaking bean threads. Julienne carrot through Japanese mandolin and place on side

Combine all ingredients for the mayonnaise except water and oil. After combined, add water, and then gradually add the canola oil. Place Lobster meat, cabbage, scallions and herbs in bowl. Add just enough of the Asian mayonnaise to moisten mixture. Add a touch of red Chile oil (optional). Reserve rest of mayo in a small bowl.

Moisten one rice paper in warm water for 2-3 seconds. Take out and place on counter. Let sit for 30 seconds. It should be very pliable to work with. Place the mixture towards the center end portion of paper closest to you. Leave room on both ends of paper. Take some of the carrot and place on top of mix, then take some of the bean thread and place on top of that. Fold paper once over mixture. Fold ends in and continue to roll up. Try to make as tight as possible. Take some plastic wrap and place roll on top. Roll up in plastic wrap and twist ends tightly to make a tight roll. Refrigerate until ready to use. Continue with rest of mix. It should make 4 rolls.

Take the remainder of mayonnaise and add water, very little at a time until mayo is a nice, somewhat thin vinaigrette.

Unwrap rolls. Cut each in half on a bias. Place ½ of a roll on plate, drizzle some of the thinned mayonnaise on top and a little around on plate.

Tip: You can drizzle red Chile oil on top and around too. Garnish with chopped parsley.

Nutrients per serving:

Calories: 291, Total Fat: 21 g., Sat Fat: 2 g., Trans fat: 0 g., Carbs: 13 g., Fiber: 1 g., Sugars: 1 g., Protein: 8 g., Sodium: 407 mg., Cholesterol: 25 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.



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Featured at Glazier's Food Marketplace.



SHRIMP PARADISE
WWW.SHRIMP PARADISE.COM

SHRIMP COCKTAIL

CATEGORY: APPETIZER • YIELD: 4 *RECIPE BY SUPREME LOBSTER*

INGREDIENTS:

16 medium sized shrimp, shell on
4 quarts of water
1 carrot
1 onion
2 celery stalks

Lemon wedges
8 sprigs of parsley

For the sauce:

$\frac{3}{4}$ cup Ketchup, low sodium
2 Tbsp horseradish
1 Tbsp lemon juice
1 tsp Worcestershire sauce
1 tsp tobacco
1 tsp Sambal Olek
1 dash of salt
1 dash of pepper



INSTRUCTIONS:

Coarsely chop vegetables and add to water.
Bring the Water and vegetables to a boil. Do not season with salt
Add shrimp and poach until cooked through.
Cool down in ice bath, and then peel shrimp.

To plate:

Place 4 shrimp on plate, cocktail sauce on side. Garnish with lemon wedge and 2 sprigs of parsley

Nutrients per serving:

Calories: 105, Total Fat: 2 g., Sat Fat: 1 g. Trans fat: 0 g., Carbs: 19 g., Fiber: 1 g., Sugars: 12 g., Protein: 6 g., Sodium: 147 mg., Cholesterol: 39 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

MAPLE GLAZED HONEY COAT TURKEY AND APPLE ROLL-UP

CATEGORY: APPETIZER • YIELD: 2 *RECIPE BY BOARD'S HEAD*

INGREDIENTS:

2 oz Board's Head Maple Honey Turkey Breast, sliced

¼ oz fresh baby spinach

1 medium red delicious apple, julienned

2 Tbsp cream cheese, low-fat, whipped

1 flour tortilla, fat free (6 inch)



INSTRUCTIONS:

Spread the cream cheese in the tortilla

Place turkey evenly over the tortilla, then add the spinach leaves and sliced apples.

Roll tortilla tightly, tucking ingredients as you roll.

Slice tortilla. Serves 2

Nutrients per serving:

Calories: 178, Total Fat: 3 g., Sat Fat: 1 g., Trans fat: 0 g., Carbs: 28 g., Fiber: 4 g., Sugars: 12 g., Protein: 11 g., Sodium: 459 mg., Cholesterol: 23 mg..

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CHEF DOMINIQUE SOLOMON

Savvy, vivacious, and altruistic, Chef Dominique Solomon has attracted a lot of attention in the culinary arts field at a young age, and has proven herself to be an asset in any kitchen she enters. Her client list reads like an E! Network primetime lineup with names like Michael Jackson, Lamar Odom, Khloe Kardashian, Charlie Sheen, and Alicia Keys.

Chef Dominique started Incredible Chef Productions (ICP) because of her love for natural health and beauty. Her career has given her the platform to help people in a significant and meaningful way. As a culinary artist and health advocate, Dominique understands the desires of many to live a healthy life, and she is here to assist in that process.

ICP stands out from the rest by providing innovative products, the best information and online resources that promote healthier life-styles for everyone. We all have the potential to be the best we can be. But, sometimes we need a little guidance; and ICP does just that, with a little fun and style in the mix!

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CAJUN CRAZY RED SNAPPER & FRESH WATER SHRIMP WITH WATERMELON HEIRLOOM TOMATO SALAD

CATEGORY: SALAD
YIELD: 6

RECIPE BY CHEF DOMINIQUE SOLOMON

INGREDIENTS:

For the Cajun Crazy Snapper & Fresh Water Shrimp

8 oz fillet fresh red snapper
1/2 lb medium uncooked fresh water shrimp, peeled and deveined
2 Tbsp avocado oil
1 Tbsp Chef Dominique's Crazy Cajun spice

For the Watermelon Salsa

8 cups cubed watermelon
8 cups heirloom tomatoes cut into large dice
4 cups English cucumbers cut into medium dice
1 bunch of cilantro, torn
1/3 cup mint leaves
1/3 cup scallions, thinly sliced
1 large red onion
1/3 cup jalapeño, seeded and minced
1/3 cup lemons, freshly squeezed
1 Tbsp avocado oil
1/2 tsp sea salt
1 tsp ground black pepper



INSTRUCTIONS:

Cut snapper into four serving size portions. Season snapper and shrimp with Cajun Crazy spice. Add 1 Tbsp of avocado oil to the snapper and grill it for 2 to 3 minutes on each side. Remove and finish in the oven at 375 F for 5 minutes.

Add 1 Tbsp of avocado oil to the shrimp and dry sauté in a hot pan for 2 minutes. Remove and save.

Combine watermelon, heirloom tomatoes, English cucumbers, cilantro, mint, scallions, red onions, jalapeños, lemons juice, and avocado oil, salt and pepper. Plate the snapper and shrimp beautifully and add watermelon salsa for a great fresh finish and garnish.

Nutrients per serving:

Calories: 288, Total Fat: 7 g., Sat Fat: 1 g., Trans fat: 0 g., Carbs: 42 g., Fiber: 9 g., Sugars: 20 g., Protein: 22 g., Sodium: 301 mg., Cholesterol: 69 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF SHARYNNE FRAZER

Chef Sharynne Frazer is an acclaimed gourmet raw food chef, and the owner and founder of ChefSharynne.com. Located in Las Vegas, she is a caterer, educator, author and public speaker on healthy lifestyles. Chef Sharynne's new cookbook, *How to Change Your Life with Raw & Living Food*, is available from Amazon.com.

She is a Certified Living Food Chef and Teacher, an honor she obtained from studying with Alissa Cohen and her "Living on Live Food" Program, Kittery, ME. Alissa Cohen is one of the five top Living Food gurus and teachers in the world.

A passion for advising and helping people to practice a healthy lifestyle has developed into a thriving business for Chef Sharynne, whose high-spirited, outgoing personality and knowledge of the importance of eating well continues to enhance and advance her career.

Chef Sharynne is a graduate of the Living Light Culinary Arts Institute, Ft. Bragg, CA, where she studied under The Institute's Director Cherie Soria. Cherie Soria is an internationally known 30-year raw food pioneer, author and speaker. Chef Sharynne is an Associate Instructor with the Living Light Culinary Arts Institute.

She has conducted raw food classes and demonstrations at Rainbow's End Natural Foods, Whole Foods, Sunflower Market and other locations. Her clients have included Trader Joe's, St. Rose Hospital, Breast Center at Sunrise Hospital, Humana Healthcare, Anthem – Sun City, and Spring Mountain Rehab Center.



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ENSALADA DE NOPALITO - “PRICKLY PEAR” CACTUS SALAD

CATEGORY: SALAD • YIELD: 4 *RECIPE BY SHARYNNE FRAZER*

INGREDIENTS:

- 1 ½ cup Prickly Pear Cactus spines removed & diced small
- ½ cup of non-GMO white sweet corn removed from cob
- ½ cup of non-GMO yellow sweet corn removed from cob
- ½ cup of chopped celery
- ½ cup of chopped green onions
- ½ cup finely shredded red cabbage
- 1 carrot thinly sliced

Dressing

- ½ cup of fresh squeezed lemon juice
- ¼ cup of extra virgin olive oil
- ½ tsp. solar dried sea salt
- ¼ tsp. cayenne pepper

INSTRUCTIONS:

In a large mixing bowl: Combine all of the salad ingredients and toss to mix thoroughly.

In a high speed blender: Combine all of the dressing ingredients and blend until smooth.

Pour dressing over salad, mix well, and serve.

Nutrients per serving:

Calories: 205, Total Fat: 14 g., Sat Fat: 2 g., Trans fat: 0 g., Carbs 21: g., Fiber: 4 g., Sugars: 5 g., Protein: 3 g., Sodium: 330 mg., Cholesterol: 0 mg.



Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

TURKEY WALDORF SALAD

CATEGORY: SALAD • YIELD: 1 *RECIPE BY BOARD'S HEAD*

INGREDIENTS:

2 ½ oz Board's Head Premium lower sodium turkey breast

1 oz cucumber, diced

2 oz romaine lettuce

1 oz spring mix

1 oz celery, diced

1 oz red delicious apples, sliced

1 Tbsp walnuts, chopped

1 Tbsp grapes, red seedless, halved

1 Tbsp grapes, white seedless, halved



INSTRUCTIONS:

Prepare all ingredients in a salad bowl. Serve with no more than 1 Tbsp of reduced-fat ranch dressing.

Nutrients per serving:

Calories:164 , Total Fat: 3 g., Sat Fat:0 g.,Trans fat: 0 g., Carbs:15 g., Fiber:3 g., Sugars: 10 g., Protein: 18 g., Sodium: 482 mg., Cholesterol:25 mg.

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Learn more about farmers markets and what we are doing to make our community healthier by visiting changeourcommunityclarkcounty.org



Who's Hungry?



Nutrition Facts

Serving Size: 1 hour Servings Per Container: 24

Amount Per Serving	% Daily Value
Total Rock	
Classic Rock	100%
Active Rock	100%
Hard Rock	100%
Total Sports	
Live Sports	100%
Sports Talk	100%
Música Total	
Banda	100%
Duranguense	100%
Salsa	100%
Cumbia	100%
Deportes Total	
Fútbol	100%
Boxing	100%

Ingredients: (POINT) Foxx & MacKenzie with Ken Johnson, Kim Kelly, Lorrin Bond (KOMP) Craig, Al & Andy, Carlota, Gooch, Dennis Huff, Laurie Steele, Big Mex, Sylvia (FOX) Dan Patrick, Jim Rome, JT The Brick, Jimmy & Ballpark, Brian Blessing (ESPN) Mike & Mike, Colin Cowherd, Scott Van Pelt, Paul Howard, Seat Williams, Ed Graney, Clay Baker, Adam Hill, Matt Youmans, Steve Cofield, Dave Cokin (La Buena) Rosmar, Alex "El Genio" Lucas, El Tapatio, El Baron (ESPN Deportes) Alvaro Puentes

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CHEF ALESSANDRA MADEIRA

Chef Alessandra Madeira started her career as Garde Manger in New York City's Baldoria restaurant, owned by the same family that owns the legendary Rao's restaurant. She honed her culinary skills on the job and worked her way up, eventually becoming executive chef. She was constantly working in culinary events and cooking shows, appearing on The Today Show with her former boss and sister, executive chef Carla Pellegrino. She had the privilege of performing as Sous chef working alongside her sister (who, at the time, was the executive chef for the Rao's restaurant group) in culinary events such as The James Beard House in 2007, 2008, 2009, and most recently on March 15, 2012. Other events she participated in include Degustibus at Macy's and cooking demonstrations at Williams & Sonoma at Columbus Circle, NYC.



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PENNE ALLA SICILIANA

CATEGORY: ENTRÉE
YIELD: 6

RECIPE BY CHEF ALESSANDRA MADEIRA

INGREDIENTS:

2 lb Roma tomatoes
2.5 oz olive oil
½ cup chopped onions
1 tsp minced garlic
1 large eggplant
1 lb dry penne pasta noodles
½ cup fresh basil leaves
1 ½ cup water
½ tsp salt
Vegetable oil spray

INSTRUCTIONS:

In a Large Saucepan, Heat the Olive Oil, add the onions, Garlic and sauté until translucent.

Add the tomatoes and water season it with salt and pepper, cover and let cook for about one hour.

Then blend it with a immersion blender.

Cut Eggplant into thick slices.

Using veggie spray, coat and bake the eggplant in the oven at 375 F.

Boil the penne in water until al dente in enough water.

Toss it with the Eggplant, tomato sauce and the basil leaves and serve it.

Chef tip: You can add some fresh mozzarella on top!



Nutrients per serving:

Calories: 406, Total Fat: 13 g., Sat Fat: 2 g., Trans fat: 0 g., Carbs: 64 g., Fiber: 5 g., Sugars: 6 g., Protein: 11 g., Sodium: 202 mg., Cholesterol: 0 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.



CHEFS JEREMY JORDAN & ADAM PUSATERI

Chef Jeremy Jordan

Born in Miami, Chef Jeremy has spent the majority of his life in Las Vegas. His culinary career started with his first job at a local pub, Steiner's, where the intensity of the kitchen drew him in. The fast pace and stressful environment of the kitchen is what kept him wanting more. While working at Roy's Hawaiian Fusion, the executive chef took Jeremy under his wings, teaching him new skills.

Chef Jeremy decided to attend The Culinary Institute of America in Hyde Park, NY. After graduating, he enrolled at UNLV and received a bachelor's degree in Culinary Arts Beverage Management. While at UNLV, he worked for celebrity chefs like Wolfgang Puck at Spago and Nobu Matsuhisa at Nobu, and other restaurants like Woo, Gallagher's Steakhouse, and Sushi Samba. Taking what he learned from each of these restaurants, Jeremy started Cut and Taste.

Chef Adam Pusateri

Chef Adam grew up in Annapolis, MD, in a large Italian family. With numerous family gatherings involving large quantities of cooking, Adam already had a taste for good food. He began cooking at home, learning from his uncle, a graduate of The CIA.

Chef Adam attended The CIA in Hyde Park, NY, while working for a local CIA graduate who owned a catering company. After graduating, Chef Pusateri landed at Aquaknox in the Venetian Hotel and Casino in Las Vegas. He refined his knowledge of fine-dining and moved back to Annapolis to work at the Loews, a 4-diamond hotel. After a year, Chef Pusateri got the opportunity to become Banquet Sous Chef at the prestigious Annapolis Yacht Club, a huge step in his culinary career. Years later, Chef Pusateri decided to move back to Las Vegas and start Cut and Taste.



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GRILLED CHILE-RUBBED CHICKEN WITH CITRUS LIMA BEAN PUREE

CATEGORY: ENTRÉE • YIELD: 4 **CHEFS ADAM PUSATERI & JEREMY JORDAN**

INGREDIENTS:

2 tsp. olive oil
 1 tsp. red pepper flakes plus additional for garnish
 1 tsp. ground cayenne pepper
 ½ tsp. paprika
 ¾ tsp. garlic powder
 ½ tsp. dried oregano
 1 tsp. kosher salt, divided plus additional to taste, if desired
 1½ tsp. fresh ground black pepper, divided
 4-3-oz boneless skinless chicken breasts
 Olive oil cooking spray
 1½ cups frozen cooked lima beans, thawed
 1½ tsp. aji Amarillo paste (NOTE: Aji Amarillo paste is a spicy yellow pepper paste common in Peruvian cuisine)
 2 tbsp. fresh lime juice

INSTRUCTIONS:

Prepare chicken: In a small bowl, mix oil, 1 tsp. pepper flakes, cayenne, paprika, garlic powder, oregano, ¾ tsp salt and 1 tsp. black pepper. Rub all over chicken breasts. Mist a grill pan with cooking spray and heat on medium-high, add chicken and grill, turning once, until cooked through, 10 minutes.

Meanwhile, prepare lima bean puree: In a food processor, add lima beans, aji Amarillo paste, lime juice and remaining ¼ tsp. salt and ½ tsp. pepper. Process until smooth, adding 4 to 6 tbsp. warm water until puree reaches desired consistency. If desired, add additional salt, to taste. Thinly slice chicken breasts. On each serving plate, place a layer of puree on the bottom. Top with chicken slices and garnish with pepper flakes, if desired.

Chef's Tip: To add sweetness to this savory dish, top chicken with a spoonful of frozen and thawed mamey fruit puree!

Nutrients per serving:

Calories: 193, Total Fat: 4 g, Sat Fat: 1 g, Trans fat: 0 g., Carbs: 15 g, Fiber: 4.5 g, Sugars: 1 g, Protein: 24 g, Sodium: 588 mg., Cholesterol: 49 mg.



Disclaimer: This recipe was submitted for the Flavors of the Heart event and the American Heart Association found it in compliance with its Diet and Lifestyle Recommendations

CHEF ANTHONY VIDAL

Chef **Anthony Vidal** reinvents home-style cuisine for **Hash House A Go Go** on a daily basis. Raised in Bronx, New York, Chef Vidal's passion for cooking was obvious from a young age. In 1998, Vidal began his career in the restaurant industry after graduating from New York Restaurant School. A position with the Cheesecake Factory led him to Pasadena, California. In 1999, Vidal continued to move up in the restaurant ranks and worked with the Cheesecake Factory to open the Grand Lux Café in the Venetian Hotel and Casino in Las Vegas. Next Vidal opened the Rock Lobster in the Mandalay Bay Hotel and Casino and then returned to the Cheesecake Factory, opening new locations in Arizona.

In 2001, Vidal left Cheesecake Factory and went to work alongside the James Beard Award nominated Chef Carlos Guia at Commander's Palace on the Las Vegas Strip. When restaurant entrepreneur Jim Rees offered Vidal an exciting opportunity to open a brand new, edgy restaurant called Hash House A Go Go. Vidal took the position. Hash House A Go Go opened to tremendous praise and was featured on the Martha Stewart Show, The Travel Channel, and The Rachel Ray Show along with various local radio and TV stations. A year after opening, Vidal was promoted to Hash House A Go Go Executive Corporate Chef.

Vidal's passion for food and life is evident as he continues to give back to the community. He has lent his chef skills to assist in raising money for many not-for-profit organizations throughout the years.

Hash House A Go Go awards include: Las Vegas City Life Magazine-Best of the Valley, AOL City Guide-Best Breakfast in Las Vegas, Bite of Las Vegas-Best Burger, Bite of Las Vegas-Best Beverage.



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CRAB CAKE OVER PASTA SALAD WITH BASIL PESTO SAUCE

CATEGORY: ENTRÉE
YIELD: 24 / 4 OZ CAKES

RECIPE BY CHEF ANTHONY VIDAL

INGREDIENTS:

For the Crab Cake

3 lb of crab claw meat
6 cups plain bread crumbs, from scratch
24 oz mayonnaise, low sodium, low calorie
¼ cup fresh basil
1 cup pepper-onion garnish mix
Olive oil cooking spray

For the Pasta Salad (yield 2)

4 oz dry angel hair pasta, prepared
2 Tbsp tomatoes, house charred
2 Tbsp basil pesto
½ oz horseradish cream
1 Tbsp fresh basil, julienned
1 Tbsp fresh topped tomato,
1/8 tsp pepper

For the Basil Pesto Sauce

¼ lb fresh basil, roughly cut
½ lb fresh spinach
4 oz cashews, dry roasted, without salt
½ lb fat-free parmesan cheese
2 oz lemon juice
8 oz olive oil
¼ cup garlic
1/8 tsp black pepper



INSTRUCTIONS:

For the Pasta:

Cook pasta and add all ingredients tossing gently.

For the Crab cakes:

Prepare crab cakes by combining all ingredients and bake in the oven in a sprayed pan, until brown in both sides. Reserve.

For Plating:

Mount pasta salad in center of the plate. Place crab cake on center of pasta

Chef's Tip: Drizzle with 1 oz of the Basil Pesto Sauce on top of crab cake and rim of the plate and garnish with 1 Tbsp of pepper-onion garnish and rosemary sprig in the crab cake (not included in the nutrition information)

Nutrients per serving:

Calories: 574, Total Fat: 20 g., Sat Fat: 4 g., Trans fat: 0 g., Carbs: 71 g., Fiber: 4 g., Sugars: 4 g., Protein: 30 g., Sodium: 523 mg., Cholesterol: 67 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF LETICIA GARDEA

Born in Mexico City, Chef Leticia immigrated to Las Vegas in 1964 and is owner/executive chef of Leticia's Mexican Cocina. Her culinary training began in her mother's kitchen where she seemed to gravitate to cooking and its passion. Her mother was the kind of person who would invite neighbors in and insist on feeding them even if they claimed to have already eaten! "If hospitality had a taste, it would be the rich and comforting food that came out of my mother's kitchen," says Leticia.

After losing her mother to Leukemia, her spirit remained with Leticia, and her sense of hospitality resonates through her to this day. She says "I am driven to share with you the true flavors of Mexico as I have enjoyed them throughout the years." "Mi casa es tu casa" is truly experienced in Mexico and that is what Chef Leticia brings to her customers. You will experience fresh ingredients – from the freshly made roasted salsas to the wonderful mole sauce that represents the complexity and harmony of indigenous Mexican ingredients. "I am truly blessed to have the opportunity to experience my life-long dream of serving great authentic Mexican food to my customers as my mother did to everyone who entered our home."



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NAKED TAMALES WITH CHIPOTLE & VEGETABLE FAJITA FILLING

CATEGORY: ENTRÉE • YIELD: 8 *RECIPE BY LETICIA GARDEA*

INGREDIENTS:

For the Vegetable filling

¼ cup corn kernels, roasted
¼ cup zucchini, sliced
¼ cup white onions, sliced
¼ cup mushrooms, sliced
¼ cup spinach, whole leaf
2 Tbsp olive oil
2 oz spring mix
2 Tbsp tomatoes, diced
½ Tbsp fresh lime juice
1 Tbsp avocado, diced, for garnish

For the Corn Masa

1 ½ cup pure ground corn masa
½ Tbsp salt
2 Tbsp vegetable stock, no sodium
3 Tbsp shortening,
room temperature, NO TRANS FATS
1/3 cup chipotle chili puree, made in house



INSTRUCTIONS:

For the Corn Masa: Place the fresh ground corn masa with, salt, baking powder, an electric mixer fitted with a paddle attachment. Add shortening and beat together for 3 minutes, until thoroughly incorporated. Add the water with vegetable stock, chipotle puree, and beat for 2 minutes longer, stopping the mixer to scrape down the sides of the bowl with a spatula as necessary test if done mixing: (masa must float in a glass of cold water). Take the masa out of the bowl, wrap in plastic wrap, and let rest for 30 minutes at room temperature so the dough can thoroughly absorb the moist ingredients & rest.

For the Fajita Vegetables Filling: Add olive oil to hot sauté pan and all vegetables, except for the avocado. Add the spinach about 2 minutes prior to finishing. Sauté vegetables until tender & browned adding spinach & half of a fresh lime juice until spinach is done.

Assemble: Take a 4oz ramekin add masa, fill the bottom (approx. 2oz), add vegetables and top with the masa, (It is suggested to add one half corn husk soaked in water to line the bottom and cover the top)

Cooking: Fill the 8 ramekins and place in a shallow pan and cook covered tightly on stove top medium heat in a double boiler style for 45 minutes to an hour.

Nutrients per serving:

Calories: 164, Total Fat: 9.4 g., Sat Fat: 0.5 g., Trans fat: 0 g., Carbs: 18.75 g., Fiber: 0.75 g., Sugars: 0.75 g., Protein: 2.5 g., Sodium: 440 mg., Cholesterol: 2.6 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF JOYDEEP CHATTERJEE

Chef Joydeep Chatterjee, from Kolkatta, India, graduated with a degree in catering from the Indian Institute of Business Management. In 1990, he joined the hotel industry, working in various hotels in India and Asia Pacific before arriving in the United Kingdom in 2001. Serving the industry for the past 20 years, he is passionate about healthy and creative cooking in a traditional way. "I am looking forward to sharing my experience with this country and learning more in any possible way. Thank you for this opportunity."



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FISH TAV GAURD

CATEGORY: ENTRÉE • YIELD: 1 **RECIPE BY JOYDEEP CHATTERJEE**

INGREDIENTS:

160 g Tilapia Fillet (5.7 oz fillet)
120 g Fresh Spinach
2 cloves of Garlic
5 g Fresh Ginger
30 g Low Fat Yogurt
30 g Gram Flour
Olive Oil in Spray form
2 g Cumin & Coriander Seed
1/8 tsp Sea Salt
10 g Turmeric Powder
1 Lemon, juiced



INSTRUCTIONS:

Marinate tilapia fillet with turmeric powder and a pinch of a sea salt.
Grill it in a nonstick pan.
Clean and sauté the spinach with chopped garlic in a pan sprayed with olive oil.

For the sauce:

Put low fat yogurt, gram flour and turmeric powder with 100ml water. Mix well without any lumps.
Spray olive oil in a pan and heat well adding cumin and coriander seeds.
Add the mixture and cook it well in slow temp for a long time.
Season with pinch of sea salt and lemon juice.

Nutrients per serving:

Calories: 374, Total Fat: 6 g., Sat Fat: 2 g., Trans Fat: 0 g., Carbs: 43 g., Fiber: 7 g., Sugars: 4 g., Protein: 42 g., Sodium: 493 mg., Cholesterol: 82 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF JEAN PAUL LABADIE

A love of cooking is a family tradition for Chef Jean Paul Labadie. A native of Puerto Rico, he was surrounded by the rich eclectic flavors of the Island. He also experienced Spanish cuisine prepared by his grandparents from Spain and Italian specialties created by his great-grandmother from Italy. These early experiences sparked an interest in the culinary arts.

Jean Paul's culinary pursuits began by studying hotel and restaurant management at Iowa State University. Realizing his true passion was to become a chef, he received a degree at Western Culinary Institute in Portland Oregon. Labadie returned to Iowa and connected with long time friend and restaurateur, Bob Cummings. Working with Cummings' gave Jean Paul a true understanding of the realities of running a restaurant.

Labadie moved on to gain experience in the art of fine dining and cuisine as a sous chef under the direction of Chef Terry Boston at the Des Moines Golf & Country Club. The rich farming traditions of the Midwest and the high expectations of Chef Boston solidified Labadie's appreciation of quality meats and produce.

Labadie's next career step took him to New Orleans, Louisiana. The excitement and the creativity of the city was a perfect match with Labadie's energy. Jean Paul spent a year at Emeril Lagasse's flagship restaurant, Emeril's before he was off to Las Vegas to serve as a sous chef at Chef Lagasse's third restaurant, Emeril's New Orleans Fish House. He quickly advanced to the position of Chef de Cuisine. After a successful six-year run, he was trapped to open Emeril's newest restaurant, Table Ten at the Palazzo on the Las Vegas Strip.

Chef Jean Paul was the Executive Chef for 2 ½ years at Marche Bacchus before becoming the General Manager and Executive Chef of Garfield's Restaurant. He is excited to be at the helm and looks forward to sharing his creations with customers in this truly unique and intimate setting.



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PAN ROASTED SALMON WITH ASIAN STYLE FRIED BARLEY

CATEGORY: ENTRÉE • YIELD: 4 **RECIPE BY JEAN PAUL LABADIE**

INGREDIENTS:

4 salmon steaks, 3 oz each	2 tbs. low sodium soy sauce
1/4 tsp pepper	Lime juice from 1 whole lime
1 cup hulled barley, soaked overnight	1/2 cup long bias cut green onions
3 cups water	1 bunch Enoki mushrooms
1/2 tsp. chopped garlic	1 tbs. black sesame seeds
1/2 tbs. minced ginger	1/4 cup low sodium soy sauce
1/2 tsp. chopped Serrano chili	1 whole lemon
1 cup julienned onions	1 tsp. chopped garlic
1/2 cup diced carrots	2 tbs. minced ginger
1/2 cup Chinese long beans, 1/2" cut	1 tsp. Chinese mustard
1/2 cup julienned napa cabbage	2 tsp. honey
1/2 cup no-sodium chicken stock	1/4 cup sesame oil
1/4 cup water	Fresh black pepper



INSTRUCTIONS:

Soak the barley overnight in 3 cups water. Drain and rinse before using. Bring barley to a boil, reduce heat, and simmer for about 45 minutes. Mix 1/2 cup no-sodium chicken stock, 1/4 cup water, 2 tbs. low sodium soy sauce, and lime juice in a blender mix 1/4 cup low sodium soy sauce, 1 whole lemon, 1 tsp. chopped garlic, 2 tbs. minced ginger, 1 tsp. Chinese mustard, and 2 tsp. honey. Puree until smooth. Add 1/4 cup of sesame oil in a stream until fully incorporated. Season with fresh pepper. Preheat oven to 250 degrees. Season salmon steaks with pepper on both sides and sear on each side for about 1 minute each. Place in oven while making the barley. Sear 1/2 tsp. chopped garlic, 1/2 tbs. minced ginger, and 1/2 tsp. chopped Serrano chilies in a pan sprayed with vegetable oil until just starting to turn brown. Add 1 cup onions and cook until onions are tender. Stir in the mushrooms, carrots, and long beans and cook until mushrooms are almost cooked through. Add some of the stock mixture from step 3 to blend all the flavors, bring back to temperature and toss in the cabbage and barley. Moisten with the stock until it is wet enough. Check for seasoning. To plate one serving, spoon no more than 1 cup of barley "fry" in center of the plates and place the salmon right on top. Toss the green onions, enoki mushrooms, and sesame seeds with 1.5 Tbsp dressing and top the salmon with it. Drizzle .5 Tbsp dressing around the plate. Do not exceed 2 Tbsp dressing per plate. To keep sodium levels within limits, do NOT adjust seasoning with salt or any other sodium containing food.

Nutrients per serving:

Calories: 413, Total Fat: 14 g., Sat Fat: 2 g., Trans fat: 0 g., Carbs: 49 g., Fiber: 11 g., Sugars: 7 g., Protein: 26 g., Sodium: 580 mg., Cholesterol: 47 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.



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CHEF CARLA PELLEGRINO **HEART CHEF 2012**

Born in Rio de Janeiro to a Portuguese father and a second-generation Italian mother, Chef Carla Pellegrino always had a passion for cooking. As early as age 10, Carla was cooking daily for her family and helping run her mother's catering business, which educated her in the preparation of traditional Brazilian, Italian and Portuguese cuisine. At age sixteen, Carla moved to Liguria, Italy, where she owned a small store where her passion for cooking inspired her to conduct cooking demonstrations daily. In 1997, travels brought her to the United States. She attended the French Culinary Institute in NYC and in 2000, graduated with honors. In May 2000, she and Frank Pellegrino Jr. opened the successful Baldoria Restaurant on 8th Avenue and Broadway at the heart of NYC's theater district. At the end of 2006, a dream became a reality when Carla led the culinary team as the executive chef to open Rao's Las Vegas. She took ten of the original recipes from the legendary East Harlem's Italian restaurant, added her own traditional North Italian cuisine and built a high volume menu concept keeping in mind quality of ingredients and consistency and at the same time translating the family style operated by Rao's family at its ten table restaurant since 1886.



In March 2011, Chef Pellegrino opened Bratalian, a cozy Neopolitan restaurant located in Henderson. She is executive chef and owner of Bratalian while her sister Alessandra Madeira, who worked with Pellegrino at Baldoria Restaurant, runs the kitchen.

Bacio by Carla Pellegrino, is Chef Carla's newest venture. Approached by the Tropicana Las Vegas and offered the role as executive chef, Chef Carla was asked to reinvent its onsite Italian restaurant. Bacio showcases Chef Carla's authentic Italian recipes with a focus on quality ingredients.

Chef Carla has been featured on the Today Show, CBS Morning Show, Fox News National, Throwdown with Bobby Flay (which she won), Food & Wine, Bon Appetit and multiple other national and local news outlets.

bacio
by Carla Pellegrino

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CAPPELLETTI CON GAMBERETTI & ZUCCHINI

CATEGORY: ENTRÉE
YIELD: 6

RECIPE BY CHEF CARLA PELLEGRINO

INGREDIENTS:

For the sauce

1 cup onions, diced
6 oz shrimp U-20, peeled and deveined
2 garlic cloves crushed
2 Tbsp extra virgin olive oil
4 Roma tomatoes, peeled, seeded, crushed
5 baby zucchini, thinly sliced
1 pinch crushed red pepper
½ tsp salt
1 pinch crushed white pepper

For the pasta

½ cup egg substitute, beaten
¼ tsp salt
2 cups all purpose flour
3 – 4 Tbsp water
1 cup Ricotta Cheese, strained, low fat
2 Tbsp Grana Padano Cheese



INSTRUCTIONS:

For the Pasta:

In a medium sized bowl combine flour and salt. Make a well in the flour, add the slightly beaten eggs and mix; the mixture should form stiff dough, if needed stir in 1-2 tbsp. of water. On a lightly floured surface, knead dough for about 3-4 min; with a pasta machine or by hand, roll dough out to desired thinness. Layer the pasta sheet on a lightly floured surface, cut into circles, recombine the left over edges together and knead it again, then pass through a pasta machine, and make more circles out of it. Mix the ricotta cheese with Grana Padano cheese, place a small knob of this mixture in the center of the pasta circles, brush the edges with water, then fold the circles into "half-moon" shape. Then fold the two corners of the "half moon" down, making its ends encounter in the middle of the circle, right below the stuffing swell. Cook it in rolling boiling water, until it floats to the water surface, about 4-5 minutes

For the Sauce:

Place a sauté pan over a medium -hi flame and heat it for about 2 minutes, add the olive oil, onions and garlic; let the garlic get crispy slightly gold color, then discard it. Add the zucchini, sauté it until gets gold color then add the shrimps, add a pinch of crushed red pepper. Take the shrimps off the pan and set aside; add the tomatoes and let cook for about 15 minutes; check the season, then bring the shrimps back to the sauce, cook for another two minutes. Add the cappelletti, cook for two minutes, and serve it immediately!

Nutrients per serving:

Calories: 375; Total Fat 13 g; Sat Fat 6 g; Trans Fat 0 g; Carbs 41 g; Fiber 3 g; Sugars 6 g; Protein 24 g; Sodium 542 mg; Cholesterol 69 mg

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF TODD CLORE

Originally from Denver, Chef Todd was born into a modest family. From the family roots came the love of food, from grandparents that were both bakers. Holiday celebrations always centered on food, and from this passion raised the desire to pursue it as a career. At the age of 15 Todd joined a local restaurant as a busboy and soon was in the kitchen. He worked hard and was running the entire operation at 17.

After graduating from the prestigious Culinary Institute of America, in Hyde Park, NY Todd worked at top restaurants in Denver before moving to California. In Napa he worked with acclaimed chef Philippe Jeanty at Domaine Chandon, and other properties such as Auberge du Soleil and Silverado Country Club. In 1986, he was invited to L.A. to take over at Roy Yamaguchi's 385 North, later moving on to L'Orangerie where he was the only American in an all French kitchen.

Newly married and wishing to be closer to his family, Todd moved to Orange County, working at Five Feet Too and Pascal. It was here that Todd first appeared in Gourmet magazine as "Someone to Watch." Todd's success climbed in California and in 1995 he was chosen Chef de Cuisine for the Sterling Brunch at Bally's Las Vegas. Almost instantly the brunch gained accolades locally and nationally.

After meeting each challenge and building upon each success, the next logical step was to fulfill a lifelong dream of owning a restaurant. His restaurant, Todd's Unique Dining, opened in May 2004 and has been a success ever since.



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TODD'S VEGETARIAN CHILI

CATEGORY: ENTRÉE • YIELD: 25 *RECIPE BY TODD CLORE*

INGREDIENTS:

2 Cups Ground Onions
2 Cups Ground Celery
6 Tbsp. Minced Garlic
2 Cups Ground Carrots
2 Ground Red Bell Peppers
2 Ground Poblano Peppers
15 Ground Mushrooms
1 #10 (3 quarts) Ground Canned Tomatoes, no salt added
1 # 10 can water
2 Cups Chili Powder
4 Tbsp. Olive Oil
2 Ground Jalapeños
2 16 oz. cans Cooked Black Beans (or Garbanzo) drained and rinsed
1 dash Pepper
2 tsp salt



INSTRUCTIONS:

Heat oil in large heavy sauce pot, add garlic and ground vegetables, sauté until they start to stick, add tomatoes and 1 #10 can water. Add chili powder
Simmer slowly for at least an hour. When it is thick add the drained and rinsed beans and reserve. Cool. It gets better the next day.
Reheat to 165°

Nutrients per serving:

Calories: 127, Total Fat: 4 g., Sat Fat: 1 g., Trans fat: 0 g., Carbs: 21 g., Fiber: 8 g., Sugars: 6 g., Protein: 5 g., Sodium: 307 mg., Cholesterol: 0 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEFS JOE & JOEY PIERRO

Joe and Rhonda Pierro are the owners of the Market Grille Café. Joe has been in the restaurant business for 39 years. Joe has been a resident of Las Vegas since 1979 and graduated from the Hotel-Restaurant program at UNLV. Their first café opened in 2006 and their second opened in 2011. Homemade Greek & Mediterranean food is their specialty. Rhonda contributes a Greek background combined with Joe's Italian heritage and years of experience in the restaurant business.

Their menu is a blend of authentic flavors of the Mediterranean – serving healthy, vegetarian, vegan and gluten-free fare. They have combined the authenticity of Greece, along with new dishes created by Joe Sr. and son, Chef Joey. Market Grille Café was voted “Best of Las Vegas” by the Las Vegas Review Journal for the past three years in a row.



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PASTA GIOVANNI

CATEGORY: ENTRÉE • YIELD: 2 *RECIPE BY JOE PIERRO*

INGREDIENTS:

For the pasta:

- 1 ½ cups dry Farfalle or bow tie pasta
- ¼ cup spinach basil pesto (4 Tbsp)
- 2/3 cup tomatoes
- 1 oz parmesan cheese, fat -free

For the Spinach basil pesto : (yield 4 Tbsp)

- ½ cup fresh spinach
- ¼ cup fresh basil
- 2 Tbsp olive oil
- 2 tsp dry, parmesan cheese, reduced fat
- 2 garlic clove

INSTRUCTIONS:

Using spinach basil pesto (made with olive oil, parmesan cheese, garlic, fresh spinach, and basil) sauté pre-boiled farfalle pasta, and chopped tomatoes. Top with fat -free parmesan cheese.

Nutrients per serving:

Calories: 394, Total Fat: 16 g., Sat Fat: 3 g., Trans fat: 0 g., Carbs: 51 g., Fiber: 3 g., Sugars: 3 g., Protein: 14 g., Sodium: 199 mg., Cholesterol: 4 mg.



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RED SNAPPER WITH FIRE ROASTED VEGETABLES

CATEGORY: ENTRÉE • YIELD: 4 *RECIPE BY SUPREME LOBSTER*

INGREDIENTS:

20 oz snapper	3Tbsp Chopped Parsley
1 Red pepper	2Tbsp Chopped Tarragon
1 Yellow Pepper	½ cup Couscous, dried
5 Asparagus	½ cup Quinoa, dried
1 Fennel	Cooking oil spray
2 Medium Tomatoes	1/8 cup of Olive oil
1 bunch Scallions	1 Lemon, juiced
2Tbsp Chopped Rosemary	½ tsp Salt
2Tbsp Chopped Thyme	Dash of Pepper



INSTRUCTIONS:

Combine herbs in a small bowl. Cut peppers in quarters and clean out seeds. Clean off ribs. Trim stem from asparagus. Slice fennel 1/4" thick. Dice tomatoes. Slice scallions. Working with each vegetable separately, toss in a bowl with some of the herbs. Season to taste. Place on sheet pan and place under hot broiler. If you do not have a broiler, place on hot grill. Cook until outside is charred, but vegetable still firm. Cool separately on sheet pan. When cooled, dice all vegetables. Cook couscous and quinoa according to directions on box. Combine charred vegetables, tomatoes and scallions with couscous/quinoa mix. Add rest of herbs. Add lemon juice, a touch of olive oil and season to taste if necessary.

For the Red Snapper filets:

Season Snapper. In a sprayed oil pan, place the snapper skin side down. Bake the snapper until the skin looks firm, turn on other side and continue to cook until fish is just done. Inside of fish should be warm to the touch.

To plate:

Place couscous, quinoa and roasted vegetables on bottom of plate, place 5 oz of snapper on top and drizzle with virgin olive oil.

Nutrients per serving:

Calories: 439, Total Fat: 11 g., Sat Fat: 1 g., Trans fat: 0 g., Carbs: 48 g., Fiber: 7 g., Sugars: 4 g., Protein: 41 g., Sodium: 397 mg., Cholesterol: 49 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

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CHEF DANIEL SWIFT

Daniel Swift has worked in the restaurant business since 1985. He is a graduate of Boise State University's Culinary Arts Program, 91', Johnson and Wales University's Baking and Pastry Arts, 92' and Food Service Management, 94' programs as well as earning his master's degree from the University of Hawaii, 05' in education. He completed his doctoral coursework in the spring of 2012 and is currently completing his dissertation in leadership theory.

His hotel work experience includes companies such as the Ritz-Carlton, Mandarin Oriental, Hilton Hotels and the Westin. He has also worked a variety of restaurant, private clubs and as a personal chef in the yachting industry.

He has taught Culinary, Baking and Pastry and Hospitality courses for the last 11 years and is currently the Executive Chef Instructor at the University of Nevada Las Vegas' William F. Harrah College of Hotel Administration.

Daniel and his wife Alice owned and operated the Pomona Baking Co. in LA County from 2007 to 2010. He is a Certified Master Baker through the Retail Bakers of America and hold certifications with the American Culinary Federation as a Certified Executive Chef, Certified Executive Pastry Chef, and Certified Culinary Administrator.



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GINGERBREAD CAKE & LEMON CURD WITH RASPBERRIES

CATEGORY: DESSERT
YIELD: 12

RECIPE BY CHEF DANIEL SWIFT

INGREDIENTS:

For the Gingerbread Cake

1½ cups whole-wheat flour
1 tsp baking powder
1 tsp ground ginger
1 tsp ground cinnamon
1 tsp ground allspice
½ tsp ground white pepper
½ tsp ground clove
½ cup raw honey
½ cup egg whites
½ cup brewed coffee or espresso
1/3 cup olive oil
Olive oil cooking spray
1 pint raspberries

For the Lemon Curd

1 1/2 tbsp whole-wheat flour
1 egg yolk
¼ cup lemon juice
¼ cup organic evaporated cane juice
1 tbsp cold organic unsalted butter



INSTRUCTIONS:

Preheat oven to 325°F. In a medium-sized bowl, sift together 1½ cups flour, baking powder, ginger, cinnamon, allspice, white pepper and clove.

In a separate medium bowl, whisk together honey, egg whites, coffee and olive oil. Fold dry ingredients gently into wet ingredients only until well combined. Mist a 9 x 13 baking dish with cooking spray and pour in batter. Bake for 18 to 22 minutes or until a toothpick comes out clean. Set aside to cool.

Meanwhile, make lemon curd: In a small bowl, combine 1/3 cup cold water, 3 tbsp flour and 2 egg yolks. Stir to remove any lumps, set aside. In a small saucepan on medium-high, combine lemon juice, ½ cup water and cane juice. Bring to a boil, stirring occasionally, then quickly stir in reserved flour mixture. Return to a boil, then immediately remove from heat and stir in butter. Chill and serve over cake and top with raspberries.

Chef's Tip: Try adding raspberries to the cake batter to make this cake really stand out!

Nutrients per serving:

Calories: 165, Total Fat: 8 g, Sat. Fat.: 2 g., Trans fats: 0 g., Carbs: 24 g, Fiber: 2 g, Sugars: 17 g, Protein: 2 g, Sodium: 141 mg, Cholesterol: 20 mg.

Disclaimer: This recipe was submitted for the Flavors of the Heart event. The American Heart Association reviewed the recipe and did not find it in compliance with its Diet and Lifestyle Recommendations.

CHEF BENI VELASQUEZ

Executive Chef Beni Velasquez's Latin fusion focus stretches from Spain, Italy and France to the shores of Morocco, Egypt, Israel and Lebanon. Bar+Bistro's menu reflects these influences from Velazquez's experiences growing up in a Puerto Rican family in NYC, traveling through Spain, cooking with Italian and French chefs at the Ritz-Carlton and Four Seasons resorts and working with Asian and Indian cuisines in Los Angeles.

"I'm self-taught, but through my travels, I learned many techniques," Velazquez said. Chef Beni jokes that people can't find anything like his dishes because he makes everything up. However, he emphasizes that in his creations, the basics and flavors come first, which is why his dishes work well.

An example is his curry aioli, served with crispy tempura alcachofa (artichoke hearts). "You can't find that anywhere because it's a mix of Indian and French," Velazquez said. "Those flavors mix. Who knew?"



All sauces, dressings and stocks are made in-house, and many ingredients are imported from Spain and Italy. Chef Beni also creates freshly made desserts to top off the dining experience. He says you can't find his warm chocolate ganache cake anywhere, and he has received numerous compliments for his ricotta citrus cheesecake.

In addition to being Zagat rated, Bar + Bistro has been listed among the Top 10 Brunches in Las Vegas by The Las Vegas Sun; Top 10 Bars in Las Vegas by The Guardian, UK and among the Top 4 Best Tapas by Eating Las Vegas.



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B + B VEGAN CHOCOLATE CAKE

CATEGORY: DESSERT • YIELD: 12 *RECIPE BY CHEF BENI VELAZQUEZ*

INGREDIENTS:

1 ¼ cup flour
1/4 cup sugar
1/3 cup cocoa powder, unsweetened
1 tsp baking soda
½ tsp salt
1 cup rice milk
1 tsp vanilla extract
1/4 cup vegetable oil
1 tsp sherry vinegar
2 oz berries

INSTRUCTIONS:

Preheat oven to 375 F.

Mix all ingredients in a large bowl until well blended.

Now pour the mixture into a vegetable sprayed 9" cake pan and bake for 30 minutes.

Remove from heat and let cool before cutting.

Top the cake with the berries.

Chef's tip: Enjoy this cake with glass of ice cold rice milk!

Nutrients per serving:

Calories: 122; Total Fat 5 g; Sat Fat 1 g; Trans Fat 0 g; Carbs 18 g; Fiber 1 g; Sugars 4 g; Protein 2 g; Sodium 208 mg; Cholesterol 0 mg



Disclaimer: This recipe was submitted for the Flavors of the Heart event and has not been reviewed by the American Heart Association.

CHEF XENON MALLARI

A Las Vegas native, Chef Xenon Mallari, found himself in the restaurant business at an early age. He worked at various front of the house positions to pay for tuition at UNLV and competed as a three-time National Collegiate Boxing Champion.

While attending college and working as a bartender, Chef Xenon watched a TV special on chocolate and quickly became obsessed. He tried several feeble attempts at making chocolate. Motivated by friends, family and co-workers; he began to submerge himself in videos, books and seminars on becoming a chocolatier. After further refining his craft and obtaining a Bachelor's Degree in Business Management, Chef Xenon launched Happy Ending Chocolate.

He moved to Los Angeles in 2009 and served as Lead Bartender at Terranea Resort. There, he familiarized himself with catering, corporate events, mixology, and menu development – knowledge he would later apply to expand his business. Not one to rest on his laurels, Chef Xenon spent his free time scouring local farmer's markets, experimenting with unique flavor combinations.

Chef Xenon has managed to use his wealth of knowledge and skills honed from his other passions and work to create truly unique chocolate. Every piece of his hand-crafted chocolate is a labor of love, treated like rare jewels – and it shows.



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CHEF JEAN-MARIE AUBOINE

With more than 20 years of industry experience, Master Chocolatier and Executive Pastry Chef Jean-Marie Auboine knew by 16 years of age that cooking was his passion. After graduating in 1988 from Lycee Technique Hotelier Quercy at age 18, he served at some of the world's most esteemed restaurants. He began at Le Louis XV - Alain Ducasse in Monaco, assisting the famed eatery in earning Michelin's highest honor, Three Stars. Chef Auboine continued his distinguished career at several Michelin-starred restaurants which included One Star Chateau de Mercues in France and Hotel Beau Rivage in Geneva, as well as the highly respected Two Star restaurant-hotel, La Pyramide Vienne in France.

In 2009, he joined The Bellagio as Executive Pastry Chef and oversaw the pastry, dessert and chocolate creations for 19 gourmet and casual dining outlets, room service and catering department. In June 2011, Chef Auboine created Chocolate Solutions LLC for Consulting, Classes, R&D and in August 2011 was born a New Chocolate Concept Jean-Marie Auboine Chocolatier, located in Las Vegas www.jmauboinechocolates.com



Chef Auboine has garnered a remarkable number of notable awards and achievements including Finalist Meilleur Ouvrier de France Chocolatier 2011, Finalist Meilleur Ouvrier de France Chocolatier 2007, "Best Chef of the Year" from Mexico's Vatel Club in 2008, 5th Place in the 2005 World Chocolate Masters and he was named "Best Pastry Chef of the Year" by France's respected Champerard Guide in 2003. He has also been a member of the prestigious Academie Culinaire de France since 2004. His mastery of chocolate at the 2005 American Chocolate Masters secured him a first place victory and an invitation to participate in the World Chocolate Masters in Paris where he earned the competition's coveted Press Award.



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GLAZIER'S food marketplace

www.glaziersfoodmarketplace.com • (702) 614-1111

Open 7 Days a Week 6am-12 Midnight



Thank You to the Las Vegas Review Journal for selecting us as "Best Grocery Store in Las Vegas"

DON'T RECEIVE OUR CIRCULAR IN THE MAIL???
VISIT US AT
WWW.GLAZIERSFOODMARKETPLACE.COM
AND PRINT YOUR OWN COPY!
CIRCULAR ALSO AVAILABLE IN STORE!

MISSION STATEMENT

World Class Glazier's Food Marketplace on the corner of Durango and Warm Springs is Las Vegas' largest full service supermarket! Owned and operated by the Glazier family, we are committed to bringing your family the lowest possible prices, selling only quality foods we serve on our own table, and providing a clean, safe shopping environment with service that treats you like we'd like to be treated.

MRS. G BRINGS YOU A SUPERMARKET LIKE NO OTHER!

- World Class Bakery with Creative Cakes
- Largest Meat Dept. Featuring Black Angus at Everyday Low Prices
- Homemade Sausage Factory
- Largest Seafood Dept. with Fresh Fish and Live Lobster
- Mrs. G' Salad Kitchen – 31 Selections Made Daily
- Food Court with Piano Bar Featuring Biaggio's Authentic Italian Pizza, Boar's Head Sandwiches, Helen's Fresh Gelato and Much More
- New York Deli Featuring Boar's Head
- Mrs. G's Chef to Go – Homemade Restaurant Quality Culinary Delights Prepared Fresh Daily From Mrs. G's Kitchen to Your Table!
- Produce Dept. – Considered the Best Produce in Las Vegas by Many
- Community Room – Available to All Non-Profit Organizations (30 seats) with Free Refreshments Provided
- Giving Back – 100% Profits From the Children and Pet Products Sold are Given Back to Children Charities and Animal Rescue in Las Vegas.



It's worth the trip!

Desert Marketplace: 8525 West Warm Springs Rd., Las Vegas
COMING SOON! Green Valley Crossing: 635 Green Valley Pkwy., Henderson

